

JANUARY 2018

Fiddick's Forum

Fiddick's Nursing & Retirement Home 437 First Ave Petrolia ON PH (519) 882-0370 FAX (519)882-0370



Celebrating January

Polka Music Month

Change Your Stars Month

Book Blitz Month

First Foot Day

January 1

World Braille Day

January 4

Bubble Bath Day

January 8

International Kite Day

January 14

Thank Your Mentor Day

January 18

Activity Professionals Week

January 21–27

Big Wig Day

January 26

At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

Message from Mike

Steph

Fiddick's Family Council

Our next Family Council meeting will be on **Wednesday, January 31st at 4:00pm** in the Victoria Way Conference Room.

We will go over the results from the 2017 Family Surveys. We will also be discussing upcoming events, any updates or changes, etc.

We would love to invite all new family members to attend and learn how Family Council can help you!

We hope to see you all there!

Goodbye to 2017! Hello 2018!

Thank you to all of those families who came out to our annual Family Christmas Dinners! We would like to thank our cooks and all of the staff who helped to get the residents ready. December was filled with lots of Christmas caroling, baking, eating, and celebrating.

We now look forward to the New Year. Can you believe it is 2018?!

We will be planning some fun stuff in the new year and look forward to large events that you will all be invited to be a part of.

As always, you are welcome to attend scheduled programs with your loved ones and we encourage you to do so.

Happy New Year!!



The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas,

as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

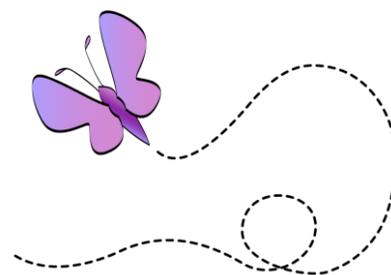
Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Fiddick's Nursing Home Welcomes...

Kit Rivait
Glen Smith
Jeanette Bourque

And mourns the loss of...

Bernice Watson
Joe Barnes
Margaret Ryan
Ruby Kelly
Douglas Miller



Parking:

A gentle reminder that visitor parking is available in the parking lot across the road and along the street in the front of the building.

Recently, it has been noted that many visitors have been parking in the driveways along the sides of the buildings.

Please note: these parking spaces are reserved and are not for visitors and staff.

Thank you!



Resident Birthdays

Ruby Hall

Mildred Nelles- January 15th

Greg Atkinson- January 18th

Jerome Leonard- January 28th

Doug Paisley- January 30th

Victoria Way

Joan Labelle- January 3rd

Ernest Gray- January 13th

Joanne Wright- January 16th

Barclay Lane

No January Birthdays

Fairbanks Court

Dougald McCallum- January 17th

Donna Watson- January 24th

Retirement Home

Tom Case- January 2nd

Don Morrice- January 8th

Ruth Glydon- January 23rd

Terry Welsh- January 23rd

Bob Chapman- January 25th



January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735
J.R.R. Tolkien (author) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (musician) – January 8, 1935
Richard Nixon (president) – January 9, 1913
Julia Louis-Dreyfus (actress) – January 13, 1961
Vidal Sassoon (stylist) – January 17, 1928
Dolly Parton (musician) – January 19, 1946
Neil Diamond (singer) – January 24, 1941
Wolfgang Mozart (composer) – January 27, 1756
Jackie Robinson (ballplayer) – January 31, 1919

Infection Control Corner

As flu season continues until April ... A few quick reminders to our visitors:

Please protect your loved ones and refrain from visiting if you are ill.

Please utilize the hand sanitizers located at the front desk upon entry to the facility.

Please cover your cough and wear a face mask if coughing.

Please be proactive and protect your loved one by receiving your seasonal influenza vaccine 😊

